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about basic
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STAR

The Magazine of
USS Dwight D. Eisenhower (CVN 69)

VOL. III ISSUE 37

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THE GREAT LEAP

25 IKE Sailors make the change to khaki p. 5

Life: Make the most of your time

By LT Brett Cartwright

Digging a 515-foot tunnel with a teaspoon would be an incredible feat under any circumstance. It certainly was for one convict serving a life sentence in a west coast prison.

The convict spent 16 months digging what he thought was a sure way to freedom. And it wasn't until the last few spoonfuls that he discovered he had made a huge mistake. It became clear that, despite all of his dogged persistence, that he had failed in one critical area. He did not know where his digging would get him! Much to his amazement and disappointment, his tunnel of escape ended in another prisoner's cell in the disciplinary block, the most carefully guarded part of the prison!

Shipmates, don't go through life pursuing goals that lead nowhere or worse still, pursuing a path that leads to the very troubles you seek to avoid. Think through your journey and ask: where will this behavior or attitude eventually get me? A teaspoon, along with tenacity, may be able to dig a tunnel. But where will it end up? *(Used by permission, LCDR Brent Scott)*

One goal worth pursuing while on board IKE is to get involved in the command volunteer program. Currently you can help with the Griffen Yeates Learning Center, FOODBANK of the Peninsula, LINKS for the Homeless, or a host of other programs. Please contact your departmental resource team representative or contact Religious Ministries at 534-1513/1982 for more information. ★



Don't waste your time digging tunnels that don't go anywhere.

IKE CHAPEL SCHEDULE:

Roman Catholic Mass—Sundays at 1500
Confessions heard before Mass
Protestant Worship Service—Sundays at 1600
Weekday Catholic Mass—Monday-Friday at noon
All services aboard ship in Classroom 2 (02-88-8-Q)

High Year Tenure Changes for E-4 Sailors

By NC1(SW) Andrea Newborg

NAVMADMIN 160/03 announces the recent High Year Tenure (HYT) changes for E-4 personnel. HYT for E-4 personnel has changed from 10 years down to eight years. This adjustment is effective immediately, and will be phased in with the following stipulations:

- E-4 Sailors completing 12 years of active naval service prior to Sept. 30, 2003 must separate when they accrue 12 years of total active naval service.
- E-4 Sailors with greater than 10 years of active naval service who would reach completion of 12 years of active naval service after Sept. 30, 2003 must separate no later than Sept. 30, 2003.
- E-4 Sailors completing 10 years of active naval service between now and Sept. 30, 2003 must separate no later than Sept. 30, 2003.
- E-4 Sailors completing 10 years of active naval service between Oct. 1, 2003 and Aug. 31, 2004 must separate when they accrue 10 years of total active naval service.
- E-4 Sailors who will have completed eight years or more of active naval service on or prior to Aug. 31, 2004, must separate no later than Aug. 31, 2004.

- E-4 Sailors completing eight years of active naval service after Aug. 31, 2004 must separate when they accrue eight years total active naval service.

If you are an E-4 and still not sure how this affects you please contact your Department CC or the Command Career Counselor's Office. ★



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ABOUT THE COVER:

USS Dwight D. Eisenhower's (CVN 69) new chief's stand at attention during the pinning ceremony at Julius Conn Gym. 25 IKE first classes were selected for Chief this fiscal year.

Proudly serving the crew of the *USS Dwight D. Eisenhower (CVN 69)*. The *Five Star* is grateful to the Print Shop and Photo Lab for their support. The *Five Star* is published by the *USS Dwight D. Eisenhower (CVN 69)* Public Affairs Office for the IKE crew. Contents are not necessarily the views of, nor endorsed by, the U.S. government, the Department of Defense, the Department of the Navy, or the Commanding Officer of *USS Dwight D. Eisenhower (CVN 69)*.

HURRICANE ISABEL

At look at IKE after riding out the storm

BY JO1(SW) MIKE KRAMER

For many *USS Dwight D. Eisenhower* (CVN 69) crewmembers, it meant a five-day weekend. However, it wasn't exactly a holiday.

With Hurricane Isabel expected to make landfall on North Carolina's Outer Banks, then spin on a direct path to Hampton Roads, IKE's crew needed the time before the storm hit to ensure the safety of themselves and their families. Afterward, they would have to survey damage to their homes and belongings caused by flooding and strong winds. They would have to cope with power outages throughout the area. They would wait in line for up to two hours at the few gas stations that were open, living on non-perishable emergency rations the entire time.

While their shipmates were looking after their homes, Sailors from Duty Section One and the Duty Section Five Inport Emergency Team stayed onboard to keep the high winds and heavy seas from damaging IKE, prevent power outages and live on MREs.

"I never actually feared for my safety, because I figured inside the skin of the ship was the safest place to be," said HN Charles Sessions of Medical Department, an IET corpsman. "But I'll admit I got an adrenaline rush when the ship started rocking. But I had a lot of time to get used to it, because the ship did quite a bit of rocking during the hurricane. It was especially noticeable up in the island structure."

Fortunately, there were no casualties and his services as a corpsman weren't needed. But, like everyone else who stayed aboard, Sessions was responsible for protecting the ship.

While the ships homeported at Naval Station Norfolk put to sea before Isabel made landfall and steamed out of harm's way, this was not an option for IKE, which is still going through a Refueling Complex Overhaul period at Northrop-Grumman Newport News Shipbuilding.

"The big concern for the ship while we were sitting tied up at the pier was that we didn't end up as part of the oyster beds," said Commanding Officer, CAPT Charles E. Smith. "So we had to make sure we didn't separate our mooring or storm lines. We had to protect the ship and prevent any damage so we could get back into production as soon as possible while making sure nobody was hurt."

According to Smith, Hurricane Isabel's visit to Hampton Roads will set production back about one week due to power outages in the shipyard.

"There's nothing we can do about that. Mother Nature got in the way," Smith said.

The crew's preparations and the efforts of the Sailors who stayed behind, combined with the hurricane's relatively speedy departure, kept the delay in production from being worse, Smith added.

"By the hurricane speeding up and heading further south, we were really spared the brunt of the surge," he said. "In the midst of the storm, we saw 65 knot sustained winds and gusts up to 89, so we got a pretty good blow and we were suffering those winds for probably six-and-a-half to seven hours. In ad-



Photo courtesy of www.kgw.com

A satellite photo of Hurricane Isabel while the storm was still a category 5 hurricane over the mid-Atlantic.

dition to our storm lines, we had two tugs come up to our port side and help us."

Although she was not part of the duty section, BMC(SW) Tina Figueiredo, 1st Division's Leading Chief Petty Officer, stayed aboard to contribute her rating knowledge and leadership to the cause of weathering the storm.

"In the event that the ship actually broke free from her moorings, Deck Department had a foc's'le detail manned to pay out more anchor chain and keep IKE from running aground," said Figueiredo. "As a preventive measure, we stood watch on the mooring wires to make sure they weren't taking undue strain."

See Hurricane on Page 7



Photo by JO1(SW) Mike Kramer

CAPT Charles Smith, IKE's commanding officer, displays some of the damage to the steel mooring lines which are used to hold the ship in place.

SMO's Corner: Learning nutrition basics

By LCDR Walter Dalitsch

Okay, so there's all this talk these days about how all the fast food restaurant chains are making all of America so fat that by the year 2015 the entire continent is expected to sink into the oceans. Well at least Sailors on ships will still be safe when that happens!

So what's wrong with the American diet? Well, that's pretty obvious to most folks...it's TOO MUCH FAT! But how much is too much, and how can it be remedied?

Every nutrition group and task force and so on over the past 30 years or so has come up with their own simplistic confusing scheme on the proper diet. Food triangles, pyramids, squares, and probably somewhere even the dodecahedrons. Well let's do the SMO thing and keep it simple.

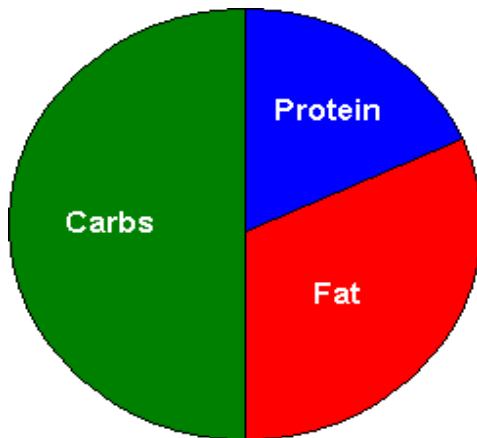
A proper diet consists of 50-60 percent carbohydrates, 15-20 percent protein, and

less than 30 percent fat. Visualize those percentages in the accompanying pie chart (mmm...pie). The carbs take up half the pie, right?

Now swap the carbs for the fat so that the fat takes up 50% of the pie. That's what's wrong with the American diet: too little carbs and too much fat. The protein is there, but the carbohydrate-fat relationship is backwards.

So the key to fixing the diet is replacing your fats with carbohydrates. Good carbohydrates...not the simple sugars. Think pasta, cereal and bread. I can hear you saying, "But don't carbs make me fat?" Yes, certainly, if you don't exercise. But carbs are THE SOURCE OF LONG-TERM ENERGY. Fats give you the short-term energy, proteins are the building blocks of muscle and other important body substances such as enzymes, but carbohydrates help keep you going in the long run.

Mankind has been doing amazing feats of strength for thousands of years without special vitamins and herbs and crazy body-building products. Try a well-balanced diet and regular exercise, and live a long, healthy and energetic life!★



IKE/INFORMATION

Important stuff for IKE Warriors. . .

WWE tickets available

Oct. 11 @ 7:30PM at The SCOPE Norfolk, Virginia
Tickets available while supplies last! Good seats! Cost is \$32. Tickets can be purchased at IKE MWR.

IKE catfish & bass tournament

OCT 10 -13 On the James River, Williamsburg (Jamestown Campsite and Resort). Prizes awarded for: Largest catfish, largest bass (striper/largemouth/smallmouth) Largest total combined stringer weight, total of six fish. PLEASE NOTE!!!!—LOWER UNITS AND PROPS ARE NOT IN SEASON THIS TIME!!! Cost: \$20 per boat (two person teams) Points of contact are: LT Proctor 534-1954, MMC Hickey 534-1678, AT1 Couch 534-1530

**Continue to check the POD
for more information**

Montgomery GI Bill

The Montgomery GI Bill (MGIB) Program benefits increase means more money for college. On Oct. 1, MGIB Program benefits will increase to \$35,460. That's \$985 per month for full time enrollment (prorated for less than full time) for 36 months. Active duty Sailors can also use MGIB to supplement any portion of tuition and fees not covered by tuition assistance. See your personnel office/PSD for details on "booster" enrollment eligibility. Requirements are outlined in NAVADMIN 103/01.

Military records on CD

Navy Personnel Command now provides official military personnel files on compact disk. This CD replaces the microfiche records and permits Sailors to view and print their entire record from any PC with Microsoft Internet Explorer 5.5 or higher. In addition to service record documents, the CD includes tools and information to help Sailors update and correct their records, as well as links to important web sites. There is no change to policy or procedures for ordering records. Commands will continue to request records per MILPERSMAN 1070-150.



A new beginning

IKE Sailors selected for chief petty officer

By JOSN

Michael Perez

'Anchors Aweigh' was the first thing heard as the ship's newest chiefs marched into the gym. They line up and with a great deal of pride shout out 'Go Navy'.

In a frocking ceremony that took place on Sep. 15, just days before Hurricane Isabel made her presence known, 25 brand new chiefs were piped into the *USS Dwight D. Eisenhower* (CVN 69) CPO Mess. More than 200 people came out for this very special occasion.

The ceremony started off with NCCS(AW/SW) Anne Essenmacher, of admin department, singing the National Anthem. Then CDR Gerald Gray, IKE's command chaplain, recited the invocation and CAPT Charles Smith, commanding officer, gave some welcoming remarks. CMDMCM(SW) Ronnie Moore, command master chief, read the CPO frocking letter followed by ITCS(SW) Renee Brown, of combat systems department, reading the fouled anchor.

After all of the readings, the new chiefs received their new anchors and combination covers. They then had the honor of being piped aboard the IKE CPO Mess.

When all the new chiefs were finished being piped aboard, Moore read the Chief Petty Officer's Creed and Gray recited the benediction to conclude the ceremony.

"The ceremony was really nice, it's the marker for moving up," said ATC(SW) Sean Triplett, one of IKE's new chiefs.

Becoming a Chief wasn't an easy task though, as the new Chiefs went

through weeks of training that has been tradition for many years. Not only does this teach them teamwork and perseverance, but they learn valuable lessons from all of the Chief, Senior Chief and Master Chief Petty Officers.

"It was strenuous, but it helped a lot," said Triplett, of AIMD. "It taught me to look back to where I came from, how I got here and what I need to do to be a chief."

After their weeks of training, the selectees had to endure a night of intense physical and mental challenges the day before their ceremony. The night of challenges is a tradition known only to the khaki community that the selectees bear.

"The most intense lessons stick with you the most," said Triplett.

During their initiation they endured hours of hot dog sales, car washes, and other fundraisers to raise money for khaki activities and events. One of the activities that is a big tradition is the Khaki Ball. There are plans to have a Khaki Ball in honor of the new chiefs this Friday.

With all the activities these selectees endure nothing can drown out the pride they feel once they put on their new uniform.

"When you first put it on you feel pride, but it's when you go back to your Sailors that you really feel it," said Triplett.

These new chiefs will go on to set a higher example as leaders and mentors to their younger Sailors. It's not an easy ride being a



Photo by JOSN Michael Perez

As part of the ceremony, new chiefs are piped aboard the CPO Mess. Twenty-five new chiefs donned their khakis onboard *USS Dwight D. Eisenhower* (CVN 69).



khaki as some of the new selectees have learned but they are up for the challenge.

"There is no more asking the chief, because you're the chief and you have to make your own decisions," said Triplett.

Triplett said that being part of the Chief community is a family environment. Anyone can be a chief - it just takes hard work, focus and dedication. Sailors just need to know how to go to the right people to get help. It's important for Sailors to set a standard and then strive to take an extra step to go out and get it. ★

What's Going On?

FRIDAY

@PLAY LIVE IN CONCERT

7 - 11 p.m.
Second Street Restaurant
115 Arthur Way Kiln Creek
Newport News
More Info: Mike Baxter 593-3230

ROOT 66 - IN CONCERT

9:30 p.m.
Rosy's II
8480 Chesapeake Boulevard
Chesapeake
More Info: Hank Carroll 431-1650

SATURDAY

WILD WEEKEND CANOE TRIPS

Saturdays, 4-6 p.m.
York River State Park
5526 Riverview Rd., Williamsburg
Guided canoe trips on beautiful Taskinas
Creek estuary. Cost is \$9/person or \$6/
person for family of 4 or more.
More Info: Brad Thomas 566-3036

TILTED AMP BAND - IN CONCERT

9 p.m. - 1a.m.
Jerry's of Chesapeake
1104 Sparrow Rd., Chesapeake
More Info: Fred Hemmings 488-2515

SUNDAY

TOBY KEITH

\$23.75- \$53.75
Time TBD
Verizon Wireless
Virginia Beach Amphitheater
3550 Cellar Door Way, Virginia Beach
More Info: 368-3000
<http://www.vwvba.com>

HOWL-O-SCREAM

Busch Gardens
Through Oct. 26
10 a.m.-10 p.m.
Busch Gardens Blvd.
Williamsburg

**Event times and locations may have been
changed due to Hurricane Isabel.
Please call the organizers to verify.**



**Call MWR @
534-1609 with any
questions**

AMC MOVIE TICKETS	\$3.00	\$5.00
REGAL MOVIE TICKETS		
SUPER SAVER	\$3.00	\$5.00
PREMIUM SAVER	\$5.00	\$6.50
BUSCH GARDENS SEASON PASS		
(GOLD)	\$90.00	\$99.00
(SLIVER)	\$67.00	\$69.00
BUSCH GARDENS DAY TICKET	\$24.00	\$28.00
WATERCOUNTRY USA – ADULT TICKET	\$21.00	\$27.00
WATERCOUNTRY USA – CHILDRENS	\$17.00	\$21.00
KINGS DOMINION DAY PASS	\$17.00	\$20.00
TIDES BASEBALL TICKET VOUCHERS	\$4.00	\$5.50
ENTERTAINMENT BOOKS 2003	\$20.00	\$25.00
2000 MILLENIUM CRUISE BOOK	\$30.00	\$42.00
FREEDOM PATCH	\$2.00	

IKE 25TH MEMORABILIA

IKE 25 TH BALLCARDS	\$0.50 EACH	3 @ \$1.00
	10 @ \$3.00	20 @ \$5.00
IKE 25 TH 8x10 PHOTO	1 @ \$3.00	2 @ \$5.00
	5 @ \$10.00	
IKE 25 TH COIN		\$5.00
IKE 25 TH T-SHIRT		\$10.00
IKE 25 TH POLO SHIRT		\$15.00
IKE LONG SLEEVE SHIRT		\$15.00



• HURRICANE

When MSSA Isaiah Gonzales of Supply Department wasn't serving MREs or keeping coffee, pastry, juices and water available for his shipmates, he took his turn preventing and helping minimize water intrusion during the storm. He knows he'll look back on the experience with a great deal of pride in years to come.

"I'm really proud of the way everyone pulled together," Gonzalez said. "I'd say, in spite of the weather, it was a positive experience, because I got to experience and be part of some really superb teamwork in the face of adversity."

"The fact that we had such an aggressive and motivated duty section team on board was what really kept the ship safe and sound," Smith stated. "There was no damage to the ship and nobody was hurt. That's a great testament right there. They gave up a lot of sleep and really worked above and beyond to make sure the entire ship was protected. Meanwhile, we had people on the outside looking after their families. That's what I'm really proud of; while the duty section was looking after the ship, the rest of the crew was out making sure their loved ones were all right. Additionally, our diesel engineers and mechanics from Reactor Department were kind of like Motel 6. They kept the lights on for us. They ran the Number Two Emergency Diesel Generator continuously up until we got shore power back."

"The true character of this country comes out during times of stress and emergency," said President George W. Bush. "And this country has responded once again."

The president was speaking at the Virginia State Police Academy in Richmond when he lauded the nation's response to the hurricane. But his words would have been perfectly applicable had he been in Newport News, addressing the fantastic crew of *USS Dwight D. Eisenhower (CVN 69)*. ★



Give 'til it hurts CFC begins on *IKE*

The Combined Federal Campaign is kicking off once again onboard *IKE*, giving all of us the chance to make a difference in the world around us.

According to LT DeMichael Morgan, *IKE*'s CFC coordinator, if every Sailor on board donated \$3 a month, it would add up to over \$97 thousand in just one year, well over the \$90 thousand goal.

In order to meet that goal, every Department and Division has CFC representatives appointed.

"We're looking for one-hundred percent contact," said Morgan. "Everyone's going to get a donor card and a brochure that explains to them who they can send their contribution to and just how much of a difference it makes."

The CFC drive began today and will continue through Nov. 7, giving each Sailor on *IKE* ample time to consider their contribution.

To find out more, contact your divisional representative.

\$4 per month can provide meals for two weeks for a senior citizen

\$5 per month can buy and save one acre of tropical rainforest

\$8 per month can provide food and shelter for the night for eight homeless people

\$10 per month can buy a shelter for an earthquake victim

\$11 per month can plant five trees in an urban area

\$15 per month can give four therapy sessions to a child with cerebral palsy

\$17 per month can provide CPR training for 12 childcare providers

\$18 per month can provide three home-visits by a nurse to a stroke victim

\$22 per month can provide life skills training for five young teens

\$23 per month can provide one night of protective services for 14 abused children

\$26 per month can provide six days of emergency shelter for a family of four

\$29 per month can provide an adaptive tricycle for a disabled child

\$30 per month can provide 30 homeless women and children food and shelter for one night

\$40 per month can fund training to get a young man out of a gang and into a real job

\$44 per month can provide two months of home-delivered meals for a senior shut-in

What can my money

DO?

Message from SECNAV on Hurricane Isabel

WASHINGTON (NNS) — Acting Secretary of the Navy Hansford T. Johnson released the following message with regard to Hurricane Isabel:

Hurricane Isabel left a trail of destruction in her wake. However, thanks to the hard work of thousands of Sailors and Marines along the Eastern seaboard, we were able to take many of our ships, boats and planes to safety ahead of the storm.

It was difficult to leave your loved ones behind, and they showed extraordinary courage in weathering the storm. We appreciate

your dedication to our nation, and we are grateful for the strength and service of your loved ones.

From Jacksonville, Fla., to Annapolis, Md., we have a large amount of damage to repair. So as you continue to work with local law enforcement and emergency agencies to repair your workplaces, homes and communities, I urge you to continue to be safe as we work toward a full recovery.

May God Bless you and your families, and may God continue to Bless the United States of America. ★



SURFACE FORCE REVISES DAMAGE CONTROL DOCTRINE

Commanders given more options to protect ships

SAN DIEGO (NNS) — Aboard a ship at sea, all hands need to be proficient as firefighters. But a new approach to shipboard firefighting, issued to the fleet in a recent revision to the Surface Force Repair Party Manual, recognizes that not every fire requires all hands to fight it.

The revision of the Repair Party Manual, announced by the Commander Naval Surface Forces by naval message Sept. 9, reorganizes shipboard damage control to make it more efficient, align best practices and policy, and give commanding officers more options in responding to damage, such as fires and flooding.

"In the past, if there was a small fire aboard a ship, they would call away the 'flying squad,' and investigators would make the decision whether they would be able to handle it or not," said DCCS(SW) Terry Nash, the damage control expert on the Naval Surface Force staff. "If they couldn't handle it themselves, the only option for the CO would be to call away general quarters."

All hands would then get involved, according to Nash, and it would take between seven and 10 minutes to set boundaries dictated by condition "Zebra."

The new approach, which adds an intermediate response option called Condition II between the rapid reaction of the flying squad and shipwide GQ, will save response time. It will also let Sailors manning important watch stations, such as on the bridge or in the Combat Information Center, to remain in those roles.

"Now, instead of letting the fire burn or the flooding continue while you set Zebra shipwide, you can get people to the scene and decide what to do immediately," said Nash. "The great thing about Condition II is that the CO can decide to bring in a single repair locker, and if they can't handle the damage themselves, he can bring in another repair locker or set GQ. He has that flexibility."



Photo by IKE Photo Lab

The Inport Emergency Team runs a drill onboard USS Dwight D. Eisenhower (CVN 69). The Navy is updating its damage control philosophy in order to give commanding officers greater flexibility when responding to casualties.

The development of the new damage control doctrine benefited from a tremendous amount of input from the deckplate level.

"We did this with a lot of input from the waterfront," said Nash, pointing out that the goal was to align policy with the best practices from damage control aboard *USS Stark* (FFG 31), *USS Samuel B Roberts* (FFG 58) and *USS Cole* (DDG 67).

"There's a culture change involved, and we recognize that," said Nash. "But the feedback from the waterfront has been very positive, because everyone has had a hand in offering their input." ★

**NAVAL
HISTORY
WEEKLY**



THIS WEEK

1918 - Ensign David S. Ingalls, in a Sopwith Camel, shoots down his fifth enemy aircraft, becoming the first U.S. Navy ace.

1944 - Fifth Fleet carrier aircraft attack Japanese in Visayas, Philippines.

1960 - First nuclear-powered aircraft carrier, *USS Enterprise* (CVN 65), launched at Newport News, Va.

In Memory A02

John S. Callahan

Weapons/G-3

Gone, but not forgotten